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1951

Determination of the effect of performing a simple task over a prolonged period on the rate of energy expenditure.

Behl, John Henry

Purdue University

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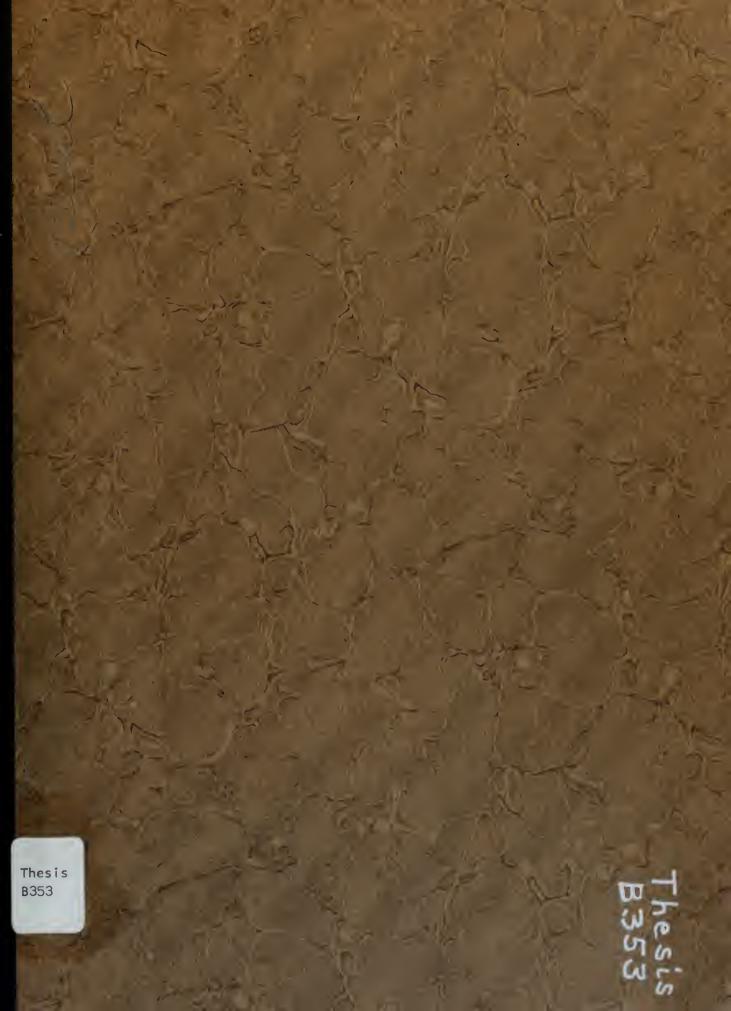
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A Thesis

Submitted to the Faculty

of

Purdue University

by

John Henry Behl
In Partial Fulfillment of the
Requirements for the Degree

of

Master of Science in Industrial Engineering
June, 1951

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ACKNOWLEDGEMENTS

I want to express my sincere appreciation to Professor

S. Tilles for his guidance and assistance in organizing
this thesis, and to Dr. V. L. Anderson for his assistance
in the statistical analysis. I also want to thank the nine
students who gave up six hours of their time to provide
the data for this thesis, and my wife for helping make it
a finished product.

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TABLE OF CONTENTS

ABSTRACT	•	•			•	•	•	•			Pa	age
INTRODUCTION AND PURPOSE				•	•	•	•	•	•	•		2
PROCEDURE	•	•	 •	•	•	•	•	•	•	•	•	3
RESULTS AND CONCLUSIONS	•		 •	•	•	•	•	•	•	•	•	11
APPENDIX A. SAMPLE CALCULATION			•	•	•	•	•	•	•	•	•	28
BIBLIOGRAPHY	•		•	•	•	•	•	•	•	•	•	50

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LISTS OF TABLES AND FIGURES

List of Tables

Table	of it is better to skylpson an assembly study specific	age
1.	Age, height and weight of students	4
2.	Sequence of tests	5
3.	Results for student number 1	13
4.	Results for student number 2	14
5.	Results for student number 3	15
6.	Results for student number 4	16
7.	Results for student number 5	17
8.	Results for student number 6	18
9.	Results for student number 7	19
10.	Results for student number 8	20
11.	Results for student number 9	21
12.	Recapitulation of slopes for test 1	22
13.	Recapitulation of slopes for test 2	23
14.	Recapitulation of slopes for test 3	24
15.	Recapitulation of percentages for test 1	25
16.	Recapitulation of percentages for test 2	
17.	Recapitulation of percentages for test 3	
	List of Figures	
Figur		age
2 70 07		400
1.	Positions for test 1	7
2.	Positions for test 2	9
3.	Positions for test 3	10

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ABSTRACT

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Although there have been numerous experiments involving the use of metabolic equipment for measuring energy expenditure during the performance of a simple task, none of these have been conducted over a prolonged continuous period.

This thesis involved taking three simple tasks and finding the effect on energy expenditure of performing these tasks for sixty-four minutes without interruption. The tasks used were:

- 1. A seventeen inch transfer of small steel balls at a tempo of 96 one way beats per minute of a metronome.
- 2. A twenty-five inch motion for each arm between two points at a tempo of 160 one way beats per minute of a metronome.
- Pedaling a bicycle, with chain disconnected, at a tempo of 138 one way beats per minute of a metronome.

The results of this thesis indicate that the energy expenditure appears to rise rapidly at the beginning of the simple task and does not change significantly for at least a period of time of sixty-four minutes.

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DETERMINATION OF THE EFFECT OF PERFORMING A SIMPLE TASK OVER
A PROLONGED PERIOD ON THE RATE OF ENERGY EXPENDITURE

INTRODUCTION AND PURPOSE

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This is another in the series of theses conducted in the Metabolic Laboratory of Purdue University and employing the use of the Sanborn MIS Metabolism Tester. During the years since 1907 there have been many experiments conducted involving the measurement of energy expenditure by use of metabolic studies of various tasks, but none of these studies have been conducted for a prolonged continuous period. This thesis is undertaken to determine just what effect a prolonged period of performance of a simple task will have on energy expenditure. A bi-product of the research will be a statement of the length of time, up to the time limit used, that each of the simple tasks employed can be accomplished before a significant change in energy expenditure is noted.

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PROCEDURE

Due to the length of time required to test each student and the number of theses being conducted on the metabolic equipment at the time of this study, it was decided to limit the testing to nine male students. These students were selected at random from motion and time study classes at Purdue University. No attempt was made to select students of the same age, height or weight, as can be seen in Table 1.

The limitations explained in the previous paragraph are also the reasons that the time of testing was not limited to the early morning period. To eliminate the possibility of the order of tests having an effect on the results, the tests were conducted in accordance with Table 2. Only one test per student was conducted on any particular day.

Prior to each test the student to be tested was allowed to become familiar with the procedure in performing the task. On the day a particular test was to be performed the student came to the laboratory and spent the first thirty minutes resting in a reclined position. Just prior to the end of the thirty minute rest period the student got into position for the test to be performed; the nose clamp was adjusted and the mouthpiece shield inserted. With the beginning of the test as "zero" time, the following schedule was adhered to for all the tests:

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TABLE 1

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STUDENT	AGE	HRIGHT	WEIGHT
1	32	51-9"	161
2	29	5'-11"	133
3	29	51-6"	162
4	25	6 - O H	190
5	24	5'-11"	176
6	21	5'-7"	154
7	24	61-2"	200
8	29	51-9H	142
9	21	6'-0"	155

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TABLE 2 SEQUENCE OF TESTS

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STUDENT		1st 2nd TEST TEST	3rd TEST
1		1 2	3
2		3	2
3		1 3	2
4		3	1
5		2	3
6		2 3	1
7		1 2	3
8		5 2 2	control by the 1
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Time	Elapsed Time	Action
00-01	1 minute	Operator breathed room air while performing task.
01-05	4 minutes	Without knowledge of the operator, the metabolic equipment was turned on and a record run was made.
05-10	5 minutes	Same as 00-01 minutes.
10-14	4 minutes	Same as 01-05 minutes.
14-20	6 minutes	Same as 00-01 minutes.
20-24	4 minutes	Same as 01-05 minutes.
24-30	6 minutes	Same as 00-01 minutes.
30-34	4 minutes	Same as 01-05 minutes.
34-40	6 minutes	Same as 00-01 minutes.
40-44	4 minutes	Same as 01-05 minutes.
44-50	6 minutes	Same as 00-01 minutes.
50-54	4 minutes	Same as 01-05 minutes.
54-60	6 minutes	Same as 00-01 minutes.
60-64	4 minutes	Same as Ol-O5 minutes.

Test 1 consisted of a seventeen inch transfer, by the right hand, of small steel balls at a tempo of 96 one way beats per minute of a metronome. This task was rated at 110 percent of standard pace by comparison with a multi-image step film. It is the exact task used by J. A. Marks

Mundel, M. E., Motion and Time Study Principles and Practice, Prentice-Hall Inc., New York, 1950, p. 324.

and W. D. Surface in their work. 2 See Figure 1.

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Franchico, Prantice-Mail lace, and Tork, 1980, p. did.

ond w. b. Suctano to their work. & Son Figure 1.

FIGURE 1

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POSITIONS FOR TEST 1



Marks, J. A., The Effect of Praise and Reprimand on Workers Energy Expenditure, Master of Science Thesis, Purdue University, Lafayette, Indiana, 1951.

Surface, W. D., The Effect of Music on the Metabolic Rate of Workers, Master of Science Thesis, Purdue University, Lafayette, Indiana, 1951.

Test 2 consisted of a twenty-five inch motion for each arm between points on the table edge at a tempo of 160 one way beats per minute of a metronome. This task was rated at 135 percent of standard pace. This task is similiar to one of the tasks used by S. Tilles in his work. See Figure 2.

Tilles, S., An Investigation of the Suitability of the Sanborn EIS Metabolism Tester to Basic Time Study Experimentation, Master of Science Thesis, Purdue University, Lafayette, Indiana, 1949.

Test 3 consisted of pedaling a bicycle, with the chain to the back wheel disconnected, at a tempo of 138 one way beats per minute of a metronome. This task was rated at 120 percent of standard pace. See Figure 3.

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to the back wheel disconners, of a tempo of 128 and way bests per whester of a morrower. This test was rates of 120 percent of a morrower. This test was rates of 120 percent of attached, and right of

FIGURE 2



POSITIONS FOR TEST 2



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FIGURE 5

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POSITIONS FOR TEST 3

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RESULTS AND CONCLUSION

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The method of least squares was used to calculate the slopes of the charts obtained from the metabolic tester. Tables 3 to 11 contain the results for the various students. Tables 12 to 17 present the information for all students for each test, and also include the values of "t" obtained by the Student "t" technique of statistical analysis. Appendix A shows an example of how these "t" values were calculated. The Student "t" technique indicated that for each of the three tests there was no significant difference, at the five percent level, between the base reading for the test and the readings taken at any other time during the test. In the analysis, all the values obtained for student 8 were omitted as that student was a controlled breather and his charts did not have sufficient points to give a consistent value. The information for student 7, test 2, was also eliminated due to the fact that the nose clamp became loose during the base run and caused the obviously false readings.

The conclusion arrived at is that for a relatively simple task similiar to those used in this thesis the energy expenditure rises rapidly during the first minute of performing the task and does not change significantly for at least sixty-four minutes. Since all the previous experiments in the Purdue Metabolic Laboratory have been based on the fact

The method of Lord surer was a color of . asset the charts obtained from the said for sending the state of the residence of the state of the Tables 18 to 17 present the information for all students for ego fort, and the include the values of "to ontiles of the Student "t' teensione of period to accise to suchast . House of early three or large and a supplied the sworl the Student "t" tunbulous built ton the contract "t" mashing off - me over our of the control of or sold of and disast cont level, b too the b e granta unr e test and the rescions taken et our coner the survey our tast. In the convince the balling to soule the staylors all course the real and and and and and substitutes TOT DAYS LIFE TO DELLE TO LIVE CONTRACTOR FORM programming only are it for it seems for moisecrate and noof and without accidence of the name and that tent add nuc neutral the obviously raise reverses,

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that the energy expenditure did remain constant, this thesis helps to verify that fact. It also points out that rest periods need not be used once the task has commenced if all readings can be obtained in a one hour period.

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TABLE 3

TEST	TIME (MIN)	TEMP.	SLOPE	% OF 01-05 MIN.
1	01-05 10-14 20-24 30-34 40-44 50-54 60-64	20 C 23 C 24 C 24 C 25 G 26 C 26 C	.430 .434 .450 .459 .549 .474	100 101 105 107 128 110
2	01-05 10-14 20-24 30-34 40-44 50-54 60-64	26 C 27 C 28 C 28 C 28 C 27 C 28 C	.602 .612 .600 .622 .596 .637	100 102 100 103 99 106 103
5	01-05 10-14 20-24 30-34 40-44 50-54 60-64	23 C 24 C 24 C 25 C 25 C 26 C 27 C	.734 .736 .660 .628 .622 .668	100 100 90 86 85 91 92
	TEST 1		TEST 2	TEST 3
DATE START TIME BAROMETER	3/13/5 2:38 P 28.90**	·M.	4/4/51 3:53 P.M. 29.25"	4/12/51 4:35 P.M. 28.70"

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TABLE 4

TEST	TIME (MIN)	TEMP.	SLOPE	% OF 01-05 MIN.
1	01-05	27 C	.458	100
	10-14	28 C	.475	104
	20-24	29 C	.451	98
	30-34	29 C	.492	107
	40-44	30 C	.432	94
	50-54	31 C	.442	97
	60-64	31 C	.450	98
2	01-05	26 C	.634	100
	19-14	27 C	.619	98
	20-24	27 C	.589	93
	30-34	27 C	.580	91
	40-44	27 C	.590	93
	50-54	27 C	.625	99
	60-64	27 C	•535	84
3	01-05	26 C	.531	100
	10-14	26 C	.619	117
	20-24	27 0	.609	115
	30-34	27 C	.584	110
	40-44	27 C	.549	103
	50-54	28 C	.562	106
	60-64	28 C	•528	99
	TEST 1		TEST 2	TEST 3
DATE	3/23/5	1	4/4/51	3/19/51
START TIME			9:19 P.M.	4:00 P.M.
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TABLE 5

TEST	TIME(MIN)	TEMP.	SLOPE	% OF 01-05 MIN.
1	01-05 10-14 20-24 30-34 40-44 50-54 60-64	26 C 27 C 28 C 28 C 28 C 28 C 29 C	.423 .438 .409 .392 .421 .414	100 104 97 93 100 98 100
2	01-05 10-14 20-24 30-34 40-44 50-54 60-64	22 C 23 C 25 C 25 C 26 C 26 C	.575 .519 .492 .528 .496 .551	100 90 86 92 86 96 83
3	01-05 10-14 20-24 30-34 40-44 50-54 60-64	25 C 25 C 27 C 26 C 28 C 29 C 29 C	.718 .703 .669 .689 .689 .767	100 98 93 96 96 107 117
	TEST 1		TEST 2	TEST 3
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TABLE 6

TEST	TIME (MIN)	TEMP.	SLOPE	% OF 01-05 MIN.
1	01-05	29 C	. 439	100
	10-14	30 C	.502	114
	20-24	30 C	.449	102
	30-34	30 C	.446	102
	40-44	31 C	.458	104
	50-54	31 C	.402	92
	60-64	32 C	.426	97
2	01-05	30 C	.666	100
	10-14	30 C	.735	110
	20-24	29 C	.638	96
	30-34	29 C	.625	94
	40-44	30 C	.600	90
	50-54	29 C	.629	94
	60-64	31 C	.640	96
3	01-05	22 C	.618	100
	10-14	22 C	.810	131
	20-24	24 C	.708	115
	30-34	25 C	.688	111
	40-44	25 C	.687	111
	50-54	25 C	.747	121
	60-64	24 C	.787	127
	TEST 1		TEST 2	TEST 3
DATE	4/27/5	1	4/25/51	4/9/51
START TIME			4:07 P.M.	10:45 A.M.
BAROMETER	29.4911		29.24"	28.96"

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TABLE 7

TEST	TIME(MIN)	TEMP.	SLOPE	% OF 01-05 MIN.
1	01-05 10-14 20-24 30-34 40-44 50-54 60-64	24 C 25 C 25 C 26 C 27 C 27 C 27 C	.482 .521 .484 .489 .539 .471	100 108 100 101 112 98 92
2	01-05 10-14 20-24 30-34 40-44 50-54 60-64	22 C 25 C 25 C 26 C 26 C 27 C	.709 .682 .639 .633 .584 .802	100 96 90 89 82 85 95
3	01-05 10-14 20-24 30-34 40-44 50-54 60-64	22 C 24 C 24 C 23 C 24 C 24 C 24 C	.651 .756 .690 .689 .656 .599	100 116 106 106 101 92 96
	TEST 1		TEST 2	TEST 3
DATE START TIME BAROMETER	4/12/5 12:50 28.70"	P.M.	4/9/51 1:00 P.M. 28.94"	4/19/51 12:48 P.M. 29.36"

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TABLE 8

TEST	TIME (MIN)	TEMP.	SLOPA	% OF 01-05 MIN.
1	01-05 10-14 20-24 30-34 40-44 50-54 60-64	25 C 25 C 26 C 26 C 27 C 27 C 28 C	.470 .435 .458 .449 .450 .424	100 93 97 96 96 90
2	01-05 10-14 20-24 30-34 40-44 50-54 60-64	27 G 27 G 28 G 27 G 27 G 28 G 28 G	.727 .766 .700 .703 .600 .636	100 105 96 97 82 88 85
3	01-05 10-14 20-24 30-34 40-44 50-54 60-64	26 C 27 C 28 C 28 C 29 C 29 C	.823 .833 .849 .841 .916 .925	100 101 103 102 111 112 122
	TEST 1		TEST 2	TEST 3
DATE START TIME BAROMETER	4/20/5 9:48 A 29.62	. M.	4/13/51 4:00 P.M. 28.74"	4/14/51 2:40 P.M. 28.92"

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TABLE 9

TEST	TIME (MIN)	TEMP.	SLOPE	% OF 01-05 MIN.
1	01-05 10-14 20-24 30-34 40-44 50-54 60-64	25 C 25 C 26 C 26 C 27 C 27 C 27 C	.541 .498 .481 .479 .485 .495	100 92 89 88 90 92 84
2	01-05 10-14 20-24 30-34 40-44 50-54 60-64	25 G 26 G 27 G 28 G 28 G 28 G 28 G	.498 .711 .701 .662 .784 .625	100 143 142 133 157 126 130
3	01-05 19-14 20-24 30-34 40-44 50-54 60-64	27 C 28 C 28 C 28 C 29 C 29 C 29 C	.905 .642 .840 .814 .789 .821	100 71 93 90 87 91 87
	TEST 1		TEST 2	TEST 3
DATE START TIME BAROMETER	4/16/5 2:40 P 29.29	.M.	4/18/51 2:35 P.M. 28.98"	4/20/51 2:40 P.M. 29.54"

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1 01-05 24 C .454 100 10-14 25 C .389 86 20-24 25 C .486 107 30-34 26 C .380 84 40-44 26 C .372 82 50-54 27 C .366 81	
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60-64 27 C •398 88	
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10-14 28 C .422 86	
20-24 28 C .559 114	
30-34 28 C .685 140	
40-44 28 C .508 104	
50-54 28 C .742 151	
60-64 28 C .686 140	
3 01-05 28 C .567 100	
10-14 29 C .595 105	
20-24 28 C .443 78	
30-34 27 C .611 108	
40-44 27 C .501 88	
50-54 27 C .614 108	
60-64 27 C .497 88	
TEST 1 TEST 2 TEST 3	
DATE 4/19/51 4/18/51 4/16/51	
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TABLE 11

TEST	TIME(MIN)	TEMP.	SLOPE	% OF 01-05 MIN.	
1	01-05 10-14 20-24 30-34 40-44 50-54 60-64	27 C 27 C 27 C 29 C 29 C 29 C 30 C	.510 .481 .438 .500 .388 .466 .456	100 94 86 98 76 91 89	Alessa Al
2	01-05 10-14 20-24 30-34 40-44 50-54 60-64	27 C 27 C 27 C 27 C 28 C 28 C 28 C	.555 .624 .609 .623 .625 .601	100 112 110 112 113 108 116	1600 1600 1600 1600
3	01-05 10-14 20-24 30-34 40-44 50-54 60-64	31 C 32 C 32 C 33 C 35 C 34 C 34 C	.704 .731 .695 .739 .698 .699	100 104 99 105 99 99	1000 1000 1000
DATE START TIME BAROMETER	TEST 1 4/24/5 12:40 29.43"	1 P.M.	TEST 2 4/23/51 2:36 P.M. 29.60"	TEST 3 5/21/51 2:30 P.M. 29.18"	

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TABLE 12
RECAPITULATION OF SLOPES FOR TEST 1

STUDENT	01-05	10-14	20-24	30-34	40-44	50-54	60-64
1	.430	.434	.450	.459	.549	.474	.460
2	•458	.475	.451	.492	.432	.442	.450
3	.423	.438	.409	.392	.421	.414	.425
4	.459	.502	.449	.446	.458	.402	.426
5	.482	.521	.484	.489	.539	.471	.443
6	.470	.435	.458	.449	.450	.424	.429
7	.541	.498	.481	.479	.485	.495	.453
8	.454	.389	.486	.380	.372	.366	.398
9	.510	.481	.438	.500	.388	.466	.456
nt" value		.210		.316		.913	1.625

For seven degrees of freedom "t" is 2.365 at 5% level.

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TABLE 13
RECAPITULATION OF SLOPES FOR TEST 2

STUDENT	01-05	10-14	20-24	30-34	40-44	50-54	60-64
1	.602	.612	.600	.622	.596	.637	.621
2	.634	.619	.589	.580	.590	.625	.535
3	.575	.519	.492	.528	.496	.551	.475
4	.666	.735	.638	.625	.600	.629	.640
5	.709	.682	.639	.633	.584	.602	.677
6	.727	.766	.700	.703	.600	.636	.617
7	.498	.711	.706	.662	.784	.625	.648
8	.490	.422	.559	.685	.508	.742	.686
9	.555	.624	.609	.623	.625	.601	.644
nt" value		.325	.800	.688 2.179	1.862	.963	1.000

For six degrees of freedom "t" is 2.447 at 5% level.

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TABLE 14

RECAPITULATION OF SLOPES FOR TEST 3

STUDENT	01-05	10-14	20-24	30-34	40-44	50-54	60-64
1	.734	.736	.660	.628	.622	.668	.674
2	.531	.619	.609	.584	.549	.562	.528
3	.718	.703	.669	.689	.689	.767	.839
4	.618	.810	.708	.688	.687	.747	.787
5	.651	.756	.690	.689	.656	.599	.625
6	.823	.833	.849	.841	.916	.925	1.006
7	.905	.642	.840	.814	.789	.821	.788
8	.567	.595	.443	.611	.501	.614	.497
9	.704	.731	.695	.739	.698	.699	.664
"t" value		.388	.098	.020	.158	.237	.433

For seven degrees of freedom "t" is 2.365 at 5% level.

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TABLE 15

RECAPITULATION OF PERCENTAGES FOR TEST 1

STUDENT	01-05	10-14	20-24	30-34	40-44	50-54	60-64
1	100	101	105	107	128	110	107
2	100	104	98	107	94	97	98
3	100	104	97	95	100	98	100
4	100	114	102	102	104	92	97
5	100	108	100	101	112	98	92
6	100	93	97	96	96	90	91
7	100	92	89	88	90	92	84
8	100	86	107	84	82	81	88
9	100	94	86	98	76	91	89
"t" value		.455	1.444	.427	.000	1.734	2.061

For seven degrees of freedom "t" is 2.365 at 5% level.

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TABLE 16
RECAPITULATION OF PERCENTAGES FOR TEST 2

STUDENT	01-05	10-14	20-24	30-34	40-44	50-54	60-64
1	100	102	100	103	99	106	103
2	100	98	93	91	93	99	84
3	100	90	86	92	86	96	83
4	100	110	96	94	90	94	96
5	100	96	90	89	82	85	95
6	100	105	96	97	82	88	85
7	100	143	142	133	157	126	130
8	100	86	114	140	104	151	140
9	100	112	110	112	113	108	116
nt" value		.626	2.185	1.025	1.947	1.050	1,193

For six degrees of freedom "t" is 2.447 at 5% level.

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TABLE 17

RECAPITULATION OF PERCENTAGES FOR TEST 3

STUDENT	01-05	10-14	20-24	50-34	40-44	50-54	60-64
1	100	100	90	86	85	91	92
2	100	117	115	110	103	106	99
3	100	98	93	96	96	107	117
4	100	131	115	111	111	121	127
5	100	116	106	106	101	92	96
6	100	101	103	102	111	112	122
7	100	71	93	90	87	91	87
8	100	105	78	108	88	108	88
9	100	104	99	105	99	99	94
"t" value	-100	.760	.506	.230	.256	.609	.785

For seven degrees of freedom "t" is 2.365 at 5% level.

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APPENDIX A

Sample Calculation

Test 1

	Slopes		Percentages		
Student	01-05	10-14	01-05	10-14	
1	.430	.434	0	1	
2	.458	.475	0	4	
3	.423	• 438	0	4	
4	.439	.502	0	14	
5	.482	.521	0	8	
6	.470	. 435	0	-7	
7	.541	.498	0	-8	
•	.510	.481	0	-6	
£X	3.753	3.784	0	10	
Ī	.469	.473	0	1.25	
(£X)2	14.085009	14.3186556	0	100	

APPRINCE A

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